



# Nature is Calling – Overcoming Barriers to Getting Outdoors Resource Pack

[dementiaadventure.org](http://dementiaadventure.org)



[Twitter.com/DementiaAdv](https://twitter.com/DementiaAdv)



[Facebook.com/DementiaAdventure](https://facebook.com/DementiaAdventure)



[Linkedin.com/DementiaAdventure](https://linkedin.com/DementiaAdventure)



[Instagram.com/Dementia\\_Adventure](https://instagram.com/Dementia_Adventure)



## WALKING GROUPS –

- **The Ramblers:**  
<https://www.ramblers.org.uk/go-walking/group-finder.aspx> Find local groups to walk with.
- **Walking for Health:**  
<https://www.walkingforhealth.org.uk/walkfinder> - Find local group walks, often short walks, each walk has a walk leader. Builds a social support network.

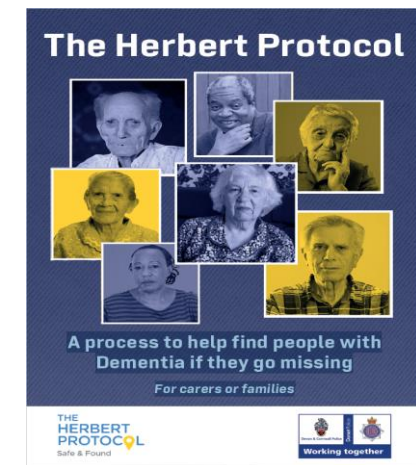


## Finding Local Support:

- **Alzheimer's Society**  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk) Tel: Dementia Support: 0333 150 3456 / Customer Care: 0330 33 0804
- **Admiral Nurses from Dementia UK:**  
[www.dementiauk.org/get-support/admiral-nursing/](http://www.dementiauk.org/get-support/admiral-nursing/) Tel: 0800 888 6678 Mon.-Fri.: 9am to 9pm / Saturday & Sunday: 9am to 5pm
- **Dementia UK** – [www.dementiauk.org](http://www.dementiauk.org)
- **Age UK** [www.ageuk.org.uk](http://www.ageuk.org.uk)
- **Carers UK** - <https://www.carersuk.org/>  
Tel: 0808 808 7777 Mon - Fri, 9am – 6pm
- **Carers Trust** - <https://carers.org/>

# Tools to support independence:

- **The Herbert Protocol** - <https://www.norfolksafeguardingadultsboard.info/publications-info-resources/resources/herbert-protocol/> - The form and information about it is all available on the link (or you can google 'The Herbert protocol Norfolk')
- **Radar Keys**  
<https://www.incontinencechoice.co.uk/catalogsearch/result/?q=radar%20key%20pack>
  - Can be purchased at the attached link.
- **GPS trackers** – There are many available on the market. Alzheimer's Society website is a good place to look into this.
- **Lanyards / Badges** - <https://www.alzheimers.org.uk/blog/hidden-disabilities-dementia-sunflower-lanyard> for further information and advice.



# Applications for mobiles to support planning future outings:



## **Parkopedia:**

Gives information about local places to park / fees / spaces etc



## **Accessible:**

Provides information about accessibility for venues. A nationwide site – but lots of information for Essex venues on here.



## **Where is toilet?:**

This gives information about all public toilets in your area. There is also

[www.toiletmap.org.uk](http://www.toiletmap.org.uk)

# Our Other Nature is Calling Sessions after Overcoming Barriers to Getting Outdoors

## The Wellbeing Benefits of Nature:

- Research and evidence on the health benefits of connecting to nature and the outdoors.
- Hearing real-life stories from people living with dementia on how nature has a positive impact on them.
- Exploring 'first steps'.
- Resources to encourage engagement with nature.

## Misconceptions and Managing Mental Health:

- Challenging the common misconceptions about dementia and getting outdoors.
- Exploring the impact of Covid-19 on the mental health of people living with dementia.
- Steps to overcome challenges.
- Resources to support and encourage understanding.



# Online Dementia Skills Sessions

dementiaadventure.org

## THINKING DIFFERENTLY ABOUT DEMENTIA (FREE)

For family, friends, volunteers and professionals

FREE

FREE

FREE

PAID

PAID

### Mood & Motivation

For friends & family.

### Nature is Calling

For friends & family & people living with dementia.

### Time in Nature

For volunteers & professionals.

### Managing Risk

For volunteers & professionals.

### Sensory Walks & Outdoor Experiences

For volunteers & professionals.

## How can we help you?

Dementia Skills  
Sessions

Have a supported  
holiday

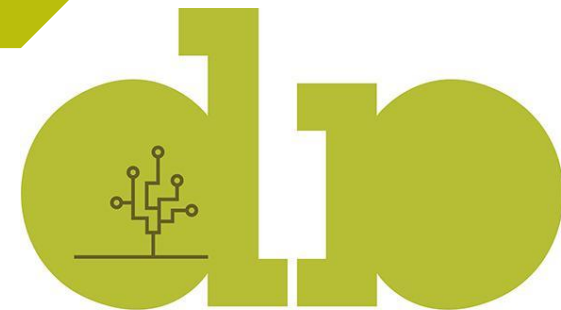
Sign up to our  
newsletter

## How can you help us?

Spread the word

Fundraise or donate

Volunteer



THANK YOU FOR JOINING US!  
For further information about  
Dementia Adventure:

Website: [www.dementiaadventure.co.uk](http://www.dementiaadventure.co.uk)

Email: [ruth@dementiaadventure.co.uk](mailto:ruth@dementiaadventure.co.uk)

Phone: 01245 237548

